**EXAMPLES OF KINESTHETIC ACTIVITIES TO INCORPORATE WITH YOUR LESSON PLANS**:

Energizers or Brain Breaks (Motions, KFC, Picnic, Secret Code, Dance, etc)

4 Corners – Put specific topics in each corner of room or put A, SA, D, SD

Pass the Folder

Hot Seat – a student volunteers to leave the room and come back in to role-play as a literary character,

scientist, or person from history, etc. Other students will have prepared questions to ask.

Foldables

Beach Ball Toss – Students toss beach ball to each other to ask questions / comment in discussions

Trash Ball – Divide into teams, if a player gets the ball in the trash can, they get to answer a question for

their team (good to use for test reviews)

Giant Character Diagrams or Diagrams of Historical Figures (Bio-Bodies) – use white bulletin board paper

Speed Dating

Character / History “Headbands” – Use the game Headbands but make your own cards to guess

Music Makers – Write new lyrics about topics to well-known songs (ex: song about DNA to tune of

“Happy Birthday”

Scavenger Hunt or Shopping Spree – Hang things on walls for students to walk around and find/analyze

Stations – Different stations set up around the room with different activities

Creating original Children’s Books or Board Games about curriculum topics

Sidewalk Chalk – Use outside to do math or grammar problems

Giant Gameboard – Make a giant game outside or in classroom with tape. Make questions / commands.

Ex: Julius Caesar – “Cassius, you murdered your friend, go back 2 steps.”

Tableau – Pick a scene from literature, moment from history, or science concept and stage a tableau.

Vocab Pictionary – Use on Smartboard or paper – Science terms, History terms, Math terms, English voc.

BINGO – Make your own BINGO cards or have students make a BINGO card with current topics

Color by Term – See handout in packet